



featuring...

## KITCHENS **for** GOOD

The City of Encinitas is proud to work with Kitchens for Good, a non-profit healthy meal production organization breaking the cycles of food waste, poverty, and hunger using innovations & social enterprise. Daily lunches are fresh and delicious for that perfect farm to table dining experience. These irresistible meals are prepared daily from scratch, using local organic produce whenever possible. We welcome people of all ages to make a reservation for a healthy meal and great comradery while at the Encinitas Parks & Recreation Café.

For reservations, please call (760) 943-2258 no later than 8am the day you wish to have lunch with us!

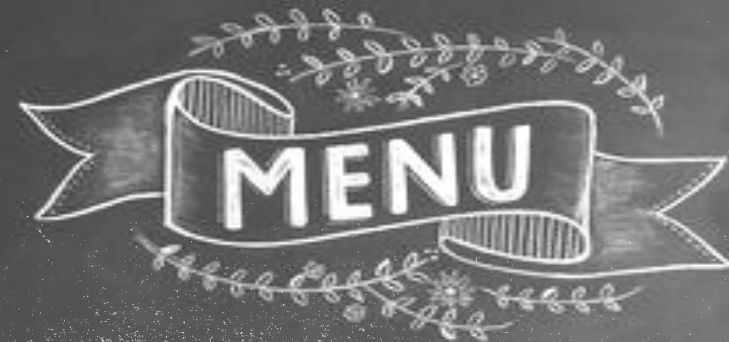
**"We look forward to serving you!"**

## KITCHENS **for** GOOD CORE VALUES

Nourish the Community • Sustainability  
Collaboration • Equality • Innovation



May 2017



Delicious farm-to-table food served M-F  
at the Encinitas Community & Senior  
Center's Parks and Recreation Café.

We look forward to seeing you soon.

Enjoy!





Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>**MAIN:</b> Ham with Pineapple Sauce, Mashed Yams, Seasoned Peas, Roll  <b>*Or Soup/Sandwich:</b> Navy Bean Soup, Roasted Veggie & Cheese Wrap  <b>Dessert:</b> Fresh orange	<b>2</b> <b>*MAIN:</b> Cranberry Glazed Chicken, Harvest Rice, Brussels Sprouts, Roll  <b>*Or Soup/Salad:</b> Lentil Soup, Pasta Salad with Diced Ham on Romaine, Roll  <b>Dessert:</b> Apple	<b>3</b> <b>*MAIN:</b> Turkey Tetrazzini, Mixed Vegetables, House Salad  <b>**Or Soup/Sandwich:</b> Tomato Soup, Roast Beef & Cheese Sandwich, Salad  <b>Dessert:</b> Fresh Strawberries	<b>4</b> <b>**MAIN:</b> Lasagna with Meat Sauce, Italian Blend Vegetables, Spinach Salad, Roll <b>**Soup/Salad:</b> Minestrone Soup, Cottage Cheese & Strawberries on Romaine  <b>Dessert:</b> Pineapple Chunks	<b>5</b> <b>**MAIN:</b> Chicken Enchilada Casserole, Spanish Rice, Refried Beans, Corn  <b>*Soup/Sandwich:</b> Broccoli Soup, Tuna & Lettuce Wrap  <b>Dessert:</b> Tropical Fruit
<b>8</b> <b>**MAIN:</b> Meatball Sub with Marinara Sauce, Caesar Salad  <b>*Soup/Salad:</b> Vegetable Soup, Chicken Salad on Romaine  <b>Dessert:</b> Banana	<b>9</b> <b>HOT FUDGE SUNDAE PARTY</b> <b>*MAIN:</b> Pulled Pork, Cole Slaw, Chuck Wagon Corn, Roll  <b>**Soup/Sandwich:</b> Black Bean Soup, Turkey & Cheese Sandwich, Cole Slaw  <b>Dessert:</b> Mandarin Oranges in Jell-O	<b>10</b> <b>*MAIN:</b> Baked Chicken, Baked Red Potatoes, Steamed Broccoli, Roll  <b>**Soup/Salad:</b> Minestrone Soup, Cottage Cheese & Strawberries on Romaine <b>Dessert:</b> Apple	<b>11</b> <b>*MAIN:</b> Beef Stroganoff, Egg Noodles, Parslied Cauliflower, House Salad  <b>*Soup/Sandwich:</b> Chicken Soup, Southwestern Veggie Wrap  <b>Dessert:</b> Diced Fruit	<b>12</b> <b>MOTHER’S DAY PARTY</b> <b>*MAIN:</b> Salmon, Creamy Dill Sauce, Herbed Rice, Asparagus  <b>*Soup/Salad:</b> Lentil Soup, Egg Salad on Romaine  <b>Dessert:</b> Strawberry Parfait
<b>15</b> <b>**MAIN:</b> Salisbury Steak with Mushroom Gravy, Baked Potato, Spinach Salad, Roll  <b>*Soup/Salad</b> Carrot Soup, Chicken Salad on Romaine, Roll  <b>Dessert:</b> Oranges	<b>16</b> <b>**MAIN:</b> Orange Chicken, Steamed Rice, Mixed Vegetables  <b>Soup/Salad:</b> Broccoli Soup, Tuna Salad on Romaine, Roll  <b>Dessert:</b> Fresh Strawberries	<b>17</b> <b>BINGO</b> <b>**MAIN:</b> Chili with Beans, Mixed Vegetables, House Salad, Cornbread  <b>*Soup/Salad:</b> Chicken Tortilla Soup, Cottage Cheese & Fruit on Romaine, Cornbread <b>Dessert:</b> Cherry Cobbler	<b>18</b> <b>**MAIN:</b> Ham & Cheese Quiche, French Style Peas, Garden Salad, Roll  <b>*Soup/Sandwich:</b> Vegetable Soup, Turkey & Cheese Sandwich, House Salad  <b>Dessert:</b> Cantaloupe	<b>19</b> <b>**MAIN:</b> Roasted Turkey & Gravy, Candied Yams, Brussels Sprouts, Cornbread Dressing <b>*Soup/Salad:</b> Chicken & Rice Soup, Egg Salad on Romaine, Roll  <b>Dessert:</b> Apple Sauce
<b>22</b> <b>**MAIN:</b> Shepherds Pie, Capri Vegetables, Tossed Salad, Roll  <b>*Soup/Salad:</b> Broccoli Soup, Tuna Salad on Romaine, Roll  <b>Dessert:</b> Fruit & Yogurt	<b>23</b> <b>**MAIN:</b> Breaded Fish, Tartar Sauce, Macaroni & Cheese, Green Beans  <b>*Soup/Sandwich:</b> Beef Vegetable Soup, Turkey & Cheese Sandwich, House Salad  <b>Dessert:</b> Mandarin Orange Dessert	<b>24</b> <b>*MAIN:</b> Chicken Pot Pie, Spinach Salad, Corn  <b>**Soup/Sandwich:</b> Tomato Soup, Egg Salad Sandwich on Whole Wheat Bread, Tossed Salad  <b>Dessert:</b> Diced Fruit	<b>25</b> <b>**MAIN:</b> BBQ Roast Beef, Baked Beans, Cole Slaw, Roll  <b>*Soup/Salad:</b> Split Pea Soup, Italian Pasta Salad with Ham on Romaine  <b>Dessert:</b> Apple Cobbler	<b>26</b> <b>*MAIN:</b> Marinated Chicken, Potato Salad, Steamed Broccoli, Roll  <b>**Soup/Sandwich:</b> Mushroom Soup, Ham & Cheese Sandwich, House Salad  <b>Dessert:</b> Peach Compote
<b>29</b>  <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>30</b> <b>*MAIN:</b> Savory Baked Chicken, Herbed Pasta, Club Spinach  <b>**Soup/Sandwich:</b> Tomato Soup, Roast Beef & Cheese Sandwich, House Salad  <b>Dessert:</b> Pineapple Ambrosia	<b>31</b> <b>**MAIN:</b> Beef & Macaroni Casserole, Winter Blend Vegetables, Roll  <b>*Soup/Salad:</b> Chicken Tortilla Soup, Cottage Cheese & Fruit on Romaine, Cornbread  <b>Dessert:</b> Diced Fruit	The Encinitas Parks and Recreation Café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independent Services and supported by the City of Encinitas and general meal donations. No eligible person shall be denied a meal because of failure or inability to contribute.  WELCOME!	
<b>FOR RESERVATIONS OR CANCELLATIONS</b> Call before 8:00 AM, 760-943-2258 Suggested Donation: 60+ \$4.00 Fee: Under 60 \$6.00 Check in from 11:00AM to 11:30 AM Lunch Served at 11:40 AM Choose the main meal OR the soup/salad/sandwich ~ Dessert is served with all lunch *Sodium meals: 300-500mg **More than 500mg				